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Gupta

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(54) **FIBER OPTIC WEIGHT MANAGEMENT MAT**

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(*) Notice: Subject to any disclaimer, the term of this patent is extended or adjusted under 35 U.S.C. 154(b) by 146 days.

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(21) Appl. No.: **14/166,227**

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Related U.S. Application Data

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G01G 9/00 (2006.01)

G01G 19/44 (2006.01)

(52) **U.S. Cl.**

CPC **G01G 19/44** (2013.01); **G01G 9/00** (2013.01); **G01L 1/245** (2013.01)

(58) **Field of Classification Search**

CPC G01L 1/245; Y10S 177/06; G01G 9/00; G01G 19/44

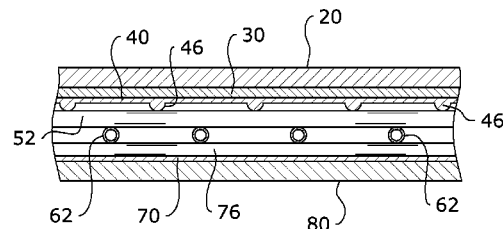
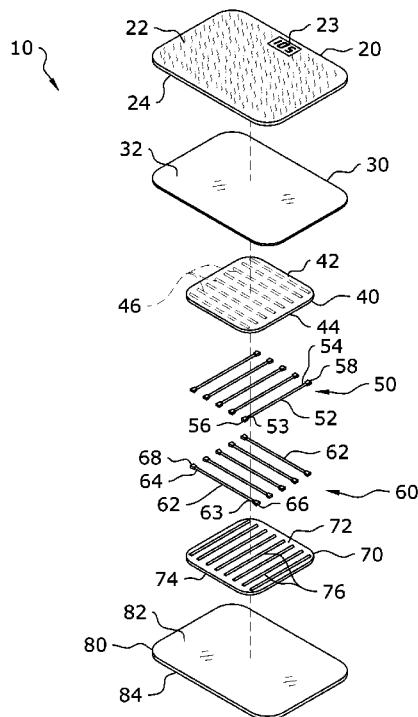
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See application file for complete search history.

ABSTRACT

A weight management mat for passively and automatically monitoring weight for one or more individuals in a household. The weight management mat generally includes a housing having an upper mat and a lower mat between which is sealed a pair of perpendicular sensor arrays. Each sensor array includes fiber optic cables laid out in a grid pattern. One or more microbend inducers act to induce detectable microbends in the fiber optic cables when an individual steps on the upper mat. The change in light intensity caused by these microbends is recorded by photodetectors and processed by a microcontroller. The present invention may be utilized to identify each unique individual stepping on the present invention by the pressure map of their feet. Thus, recorded weight measurements may be tracked to aid in weight management.

19 Claims, 7 Drawing Sheets



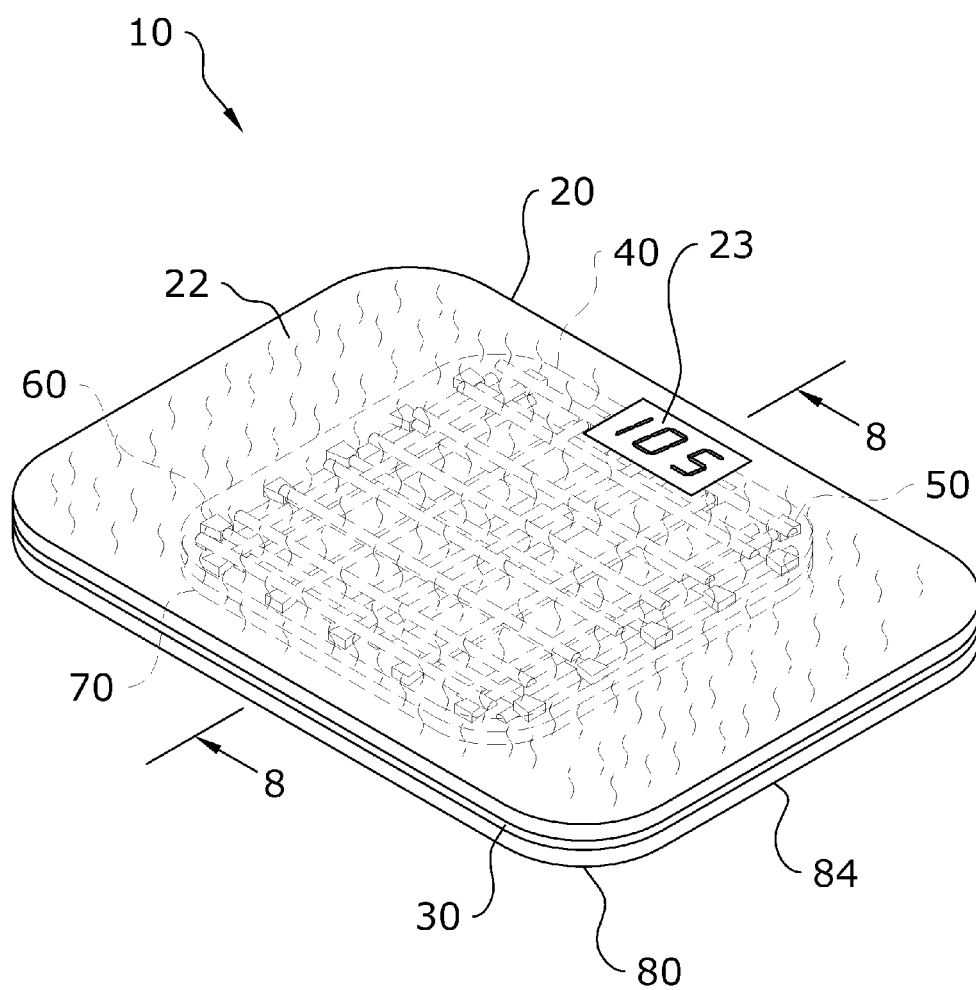
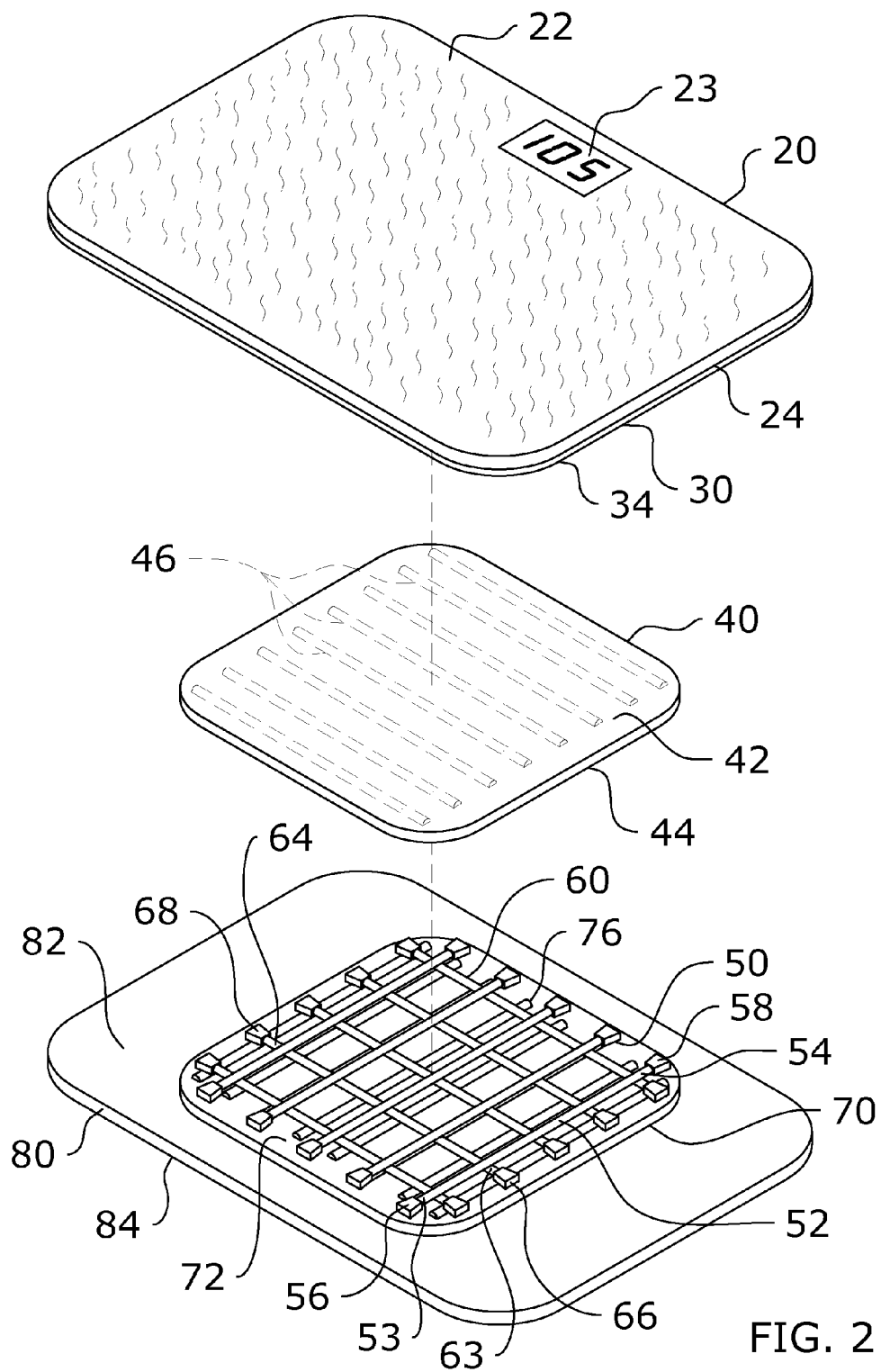


FIG. 1



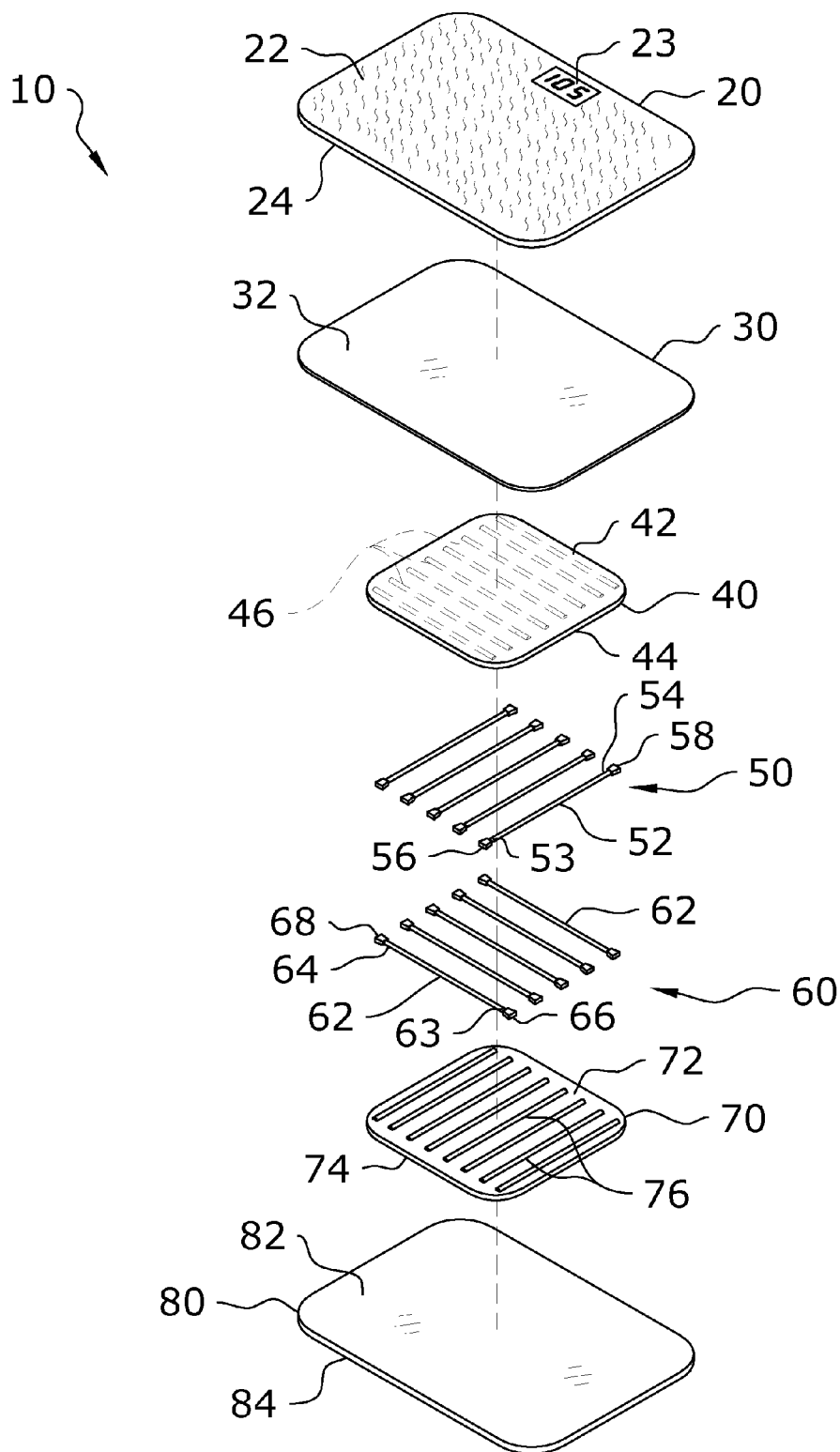


FIG. 3

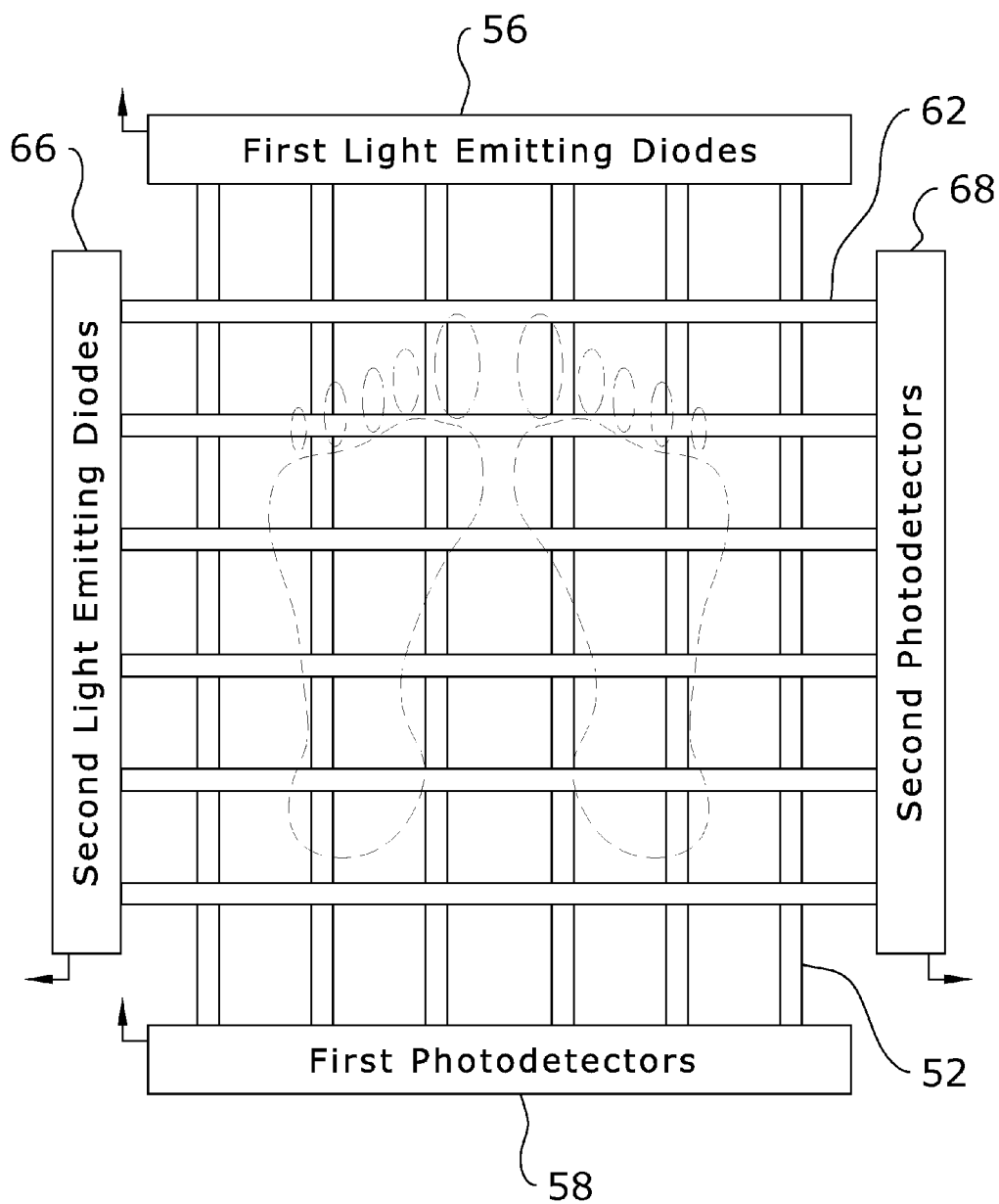


FIG. 4

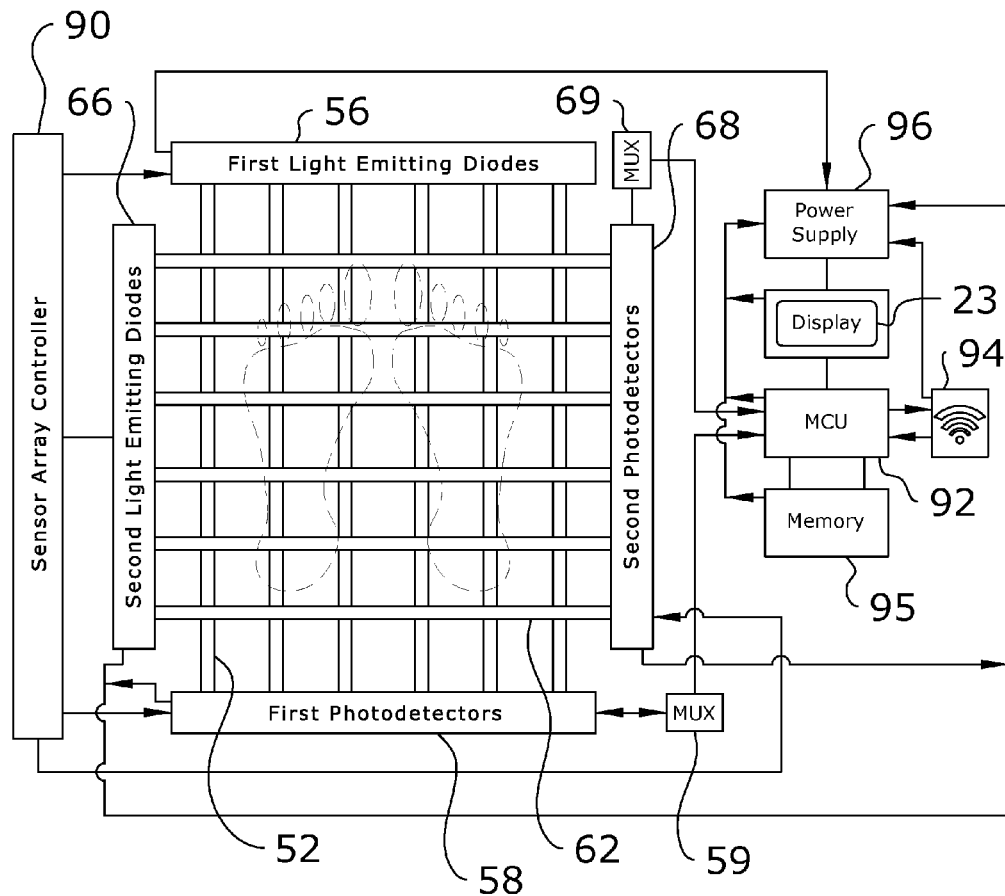


FIG. 5

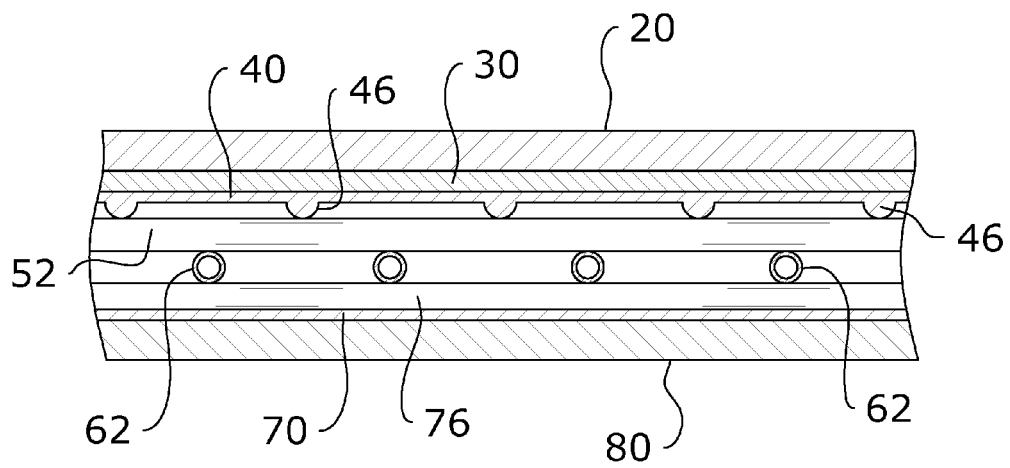


FIG. 6

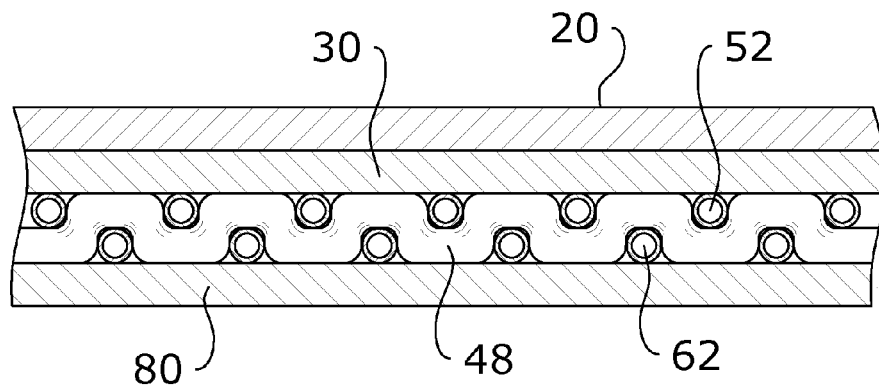


FIG. 7

FIBER OPTIC WEIGHT MANAGEMENT MAT**CROSS REFERENCE TO RELATED APPLICATIONS**

I hereby claim benefit under Title 35, United States Code, Section 119(e) of U.S. provisional patent application Ser. No. 61/758,974 filed Jan. 31, 2013. The 61/758,974 application is hereby incorporated by reference into this application.

I hereby claim benefit under Title 35, United States Code, Section 119(e) of U.S. provisional patent application Ser. No. 61/779,061 filed Mar. 13, 2013. The 61/779,061 application is hereby incorporated by reference into this application.

STATEMENT REGARDING FEDERALLY SPONSORED RESEARCH OR DEVELOPMENT

Not applicable to this application.

BACKGROUND OF THE INVENTION**1. Field of the Invention**

The present invention relates generally to a weight management system and more specifically it relates to a weight management mat for passively and automatically monitoring weight for one or more individuals in a household.

2. Description of the Related Art

Any discussion of the related art throughout the specification should in no way be considered as an admission that such related art is widely known or forms part of common general knowledge in the field.

Bathroom scales are common in households to aid in monitoring of an individual's weight for weight management. The prior art method of weight monitoring generally requires an individual to actively seek, then stand on, a conventional weight scale to display their weight. The individual will have to manually record the weight data generally utilizing conventional recording methods, such as a pen and paper.

The present invention can automate the weight measurement and recording process imperceptibly. By utilizing a conventional mat design, the present invention can aid in establishing a habit of stepping on the mat upon exiting or entering a shower or bath.

Because of the inherent problems with the related art, there is a need for a new and improved weight management mat for passively and automatically monitoring weight for one or more individuals in a household.

BRIEF SUMMARY OF THE INVENTION

The invention generally relates to a weight management system which includes a housing having an upper mat and a lower mat between which is sealed a pair of perpendicular sensor arrays. Each sensor array includes fiber optic cables laid out in a grid pattern. One or more microbend inducers act to induce detectable microbends in the fiber optic cables when an individual steps on the upper mat. The change in light intensity caused by these microbends is recorded by photodetectors and processed by a microcontroller. The present invention may be utilized to identify each unique individual stepping on the present invention by the pressure map of their feet. Thus, recorded weight measurements may be tracked to aid in weight management.

There has thus been outlined, rather broadly, some of the features of the invention in order that the detailed description thereof may be better understood, and in order that the present contribution to the art may be better appreciated. There are

additional features of the invention that will be described hereinafter and that will form the subject matter of the claims appended hereto. In this respect, before explaining at least one embodiment of the invention in detail, it is to be understood that the invention is not limited in its application to the details of construction or to the arrangements of the components set forth in the following description or illustrated in the drawings. The invention is capable of other embodiments and of being practiced and carried out in various ways. Also, it is to be understood that the phraseology and terminology employed herein are for the purpose of the description and should not be regarded as limiting.

BRIEF DESCRIPTION OF THE DRAWINGS

Various other objects, features and attendant advantages of the present invention will become fully appreciated as the same becomes better understood when considered in conjunction with the accompanying drawings, in which like reference characters designate the same or similar parts throughout the several views, and wherein:

FIG. 1 is an upper perspective view of the present invention.

FIG. 2 is an upper perspective exploded view of the present invention illustrating the upper microbend inducer and sensor arrays.

FIG. 3 is an exploded view of the present invention.

FIG. 4 is a top view block diagram showing the configuration of the sensor arrays of the present invention.

FIG. 5 is a block diagram showing the various internal components of the present invention.

FIG. 6 is a side sectional view of a first embodiment of the present invention.

FIG. 7 is a side sectional view of a second embodiment of the present invention.

DETAILED DESCRIPTION OF THE INVENTION**A. Overview**

Turning now descriptively to the drawings, in which similar reference characters denote similar elements throughout the several views, FIGS. 1 through 7 illustrate a weight management mat 10, which comprises a housing having an upper mat 20 and a lower mat 80 between which is sealed a pair of perpendicular sensor arrays 50, 60. Each sensor array 50, 60 includes fiber optic cables 52, 62 laid out in a grid pattern. One or more microbend inducers 40, 70 act to induce detectable microbends in the fiber optic cables 52, 62 when an individual steps on the upper mat 20. The change in light intensity caused by these microbends is recorded by photodetectors 58, 68 and processed by a microcontroller 92. The present invention may be utilized to identify each unique individual stepping on the present invention by the pressure map of their feet. Thus, recorded weight measurements may be tracked to aid in weight management.

B. Upper and Lower Mats

As best shown in FIGS. 1-3, the outer surfaces of the present invention generally comprise an upper mat 20 sealed against a lower mat 80 to form the outer structure of the present invention. The upper and lower mats 20, 80 may be integrally formed or discrete structures secured to each other. The upper and lower mats 20, 80 will preferably be of a construction to resemble a traditional bathroom mat.

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The upper mat 20 includes an upper surface 22 and a lower surface 24. The upper mat 20 is generally flexible and may be comprised of various materials which are conventionally used in bathroom mats, such as cotton or the like. The upper mat 20 may in some embodiments be comprised of a water-absorbing material. The upper surface 22 of the upper mat 20 is stood upon by an individual utilizing the present invention, such as after taking a shower or bath. The lower surface 24 of the upper mat 20 faces the moisture barrier 30 of the present invention.

The upper surface 22 of the upper mat 20 may also include a display 23. Various types of displays 23 known to work in bathroom scales or other similar devices may be utilized with the present invention. The display 23 is utilized to show the weight of an individual and, in some embodiments, an identification of the individual detected by the present invention.

The lower mat 80 contacts the ground when the present invention is in use. Thus, the lower mat 80 will preferably be comprised of a flexible, anti-slip material which prevents the present invention from slipping on a wet surface such as a bathroom floor. In a preferred embodiment, the lower mat 80 is comprised of polyurethane or a similar material. In some embodiments, the lower surface 84 of the lower mat 80 may include an anti-slip material, while the upper surface 82 of the lower mat 80 need not necessarily have anti-slip properties.

C. Moisture Barrier

To protect the internal electronics of the present invention, one or more moisture barriers 30 may be utilized. In the embodiment shown in the figures, a moisture barrier 30 is positioned underneath the upper mat 20 against its lower surface 24. The moisture barrier 30 may be comprised of various materials known to prevent incursion of moisture into an enclosed area, such as polyvinyl chloride (PVC).

As best shown in FIG. 3, the moisture barrier 30 will preferably be the same shape and size as both the upper and lower mats 20, 80. The upper surface 32 of the moisture barrier 30 may be sealed against the lower surface 24 of the upper mat 20. The lower surface 34 of the moisture barrier 30 may be sealed against the upper surface 82 of the lower mat 80 to seal and enclose the internal electronics of the present invention, such as shown in FIG. 1.

It should be appreciated that the configuration and placement of the moisture barrier 30 may vary in different embodiments of the present invention. For example, in some embodiments, the moisture barrier 30 may be positioned underneath the internal electronics of the present invention instead of over them. In other embodiments, a pair of moisture barriers 30 may be utilized to seal the internal electronics from either side. In other embodiments in which the upper and lower mats 20, 80 are adequately sealed, the moisture barrier 30 may be omitted entirely.

D. Sensing Assembly

The present invention utilizes a sensing assembly comprising internal electronics which is adapted to perform the various functions of the present invention. Preferably, the sensing assembly will utilize microbend inducers 40, 70 and sensor arrays 50, 60 in combination with controllers 90, 92 to both weight and biometrically identify an individual based on their unique foot pressure map.

A preferred embodiment of the sensing assembly is best shown in FIGS. 3-5. In such an embodiment, intensity based fiber optic sensor arrays 50, 60 are positioned perpendicularly with respect to each other to form a grid of fiber optic cables

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52, 62. Each fiber optic cable 52, 62 includes a light source 56, 66 to provide an input signal to the fiber optic cables 52, 62 of a specific wavelength.

Microbend inducers 50, 70 are utilized to induce microbends in the fiber optic cables 52, 62. These microbends are detected by one or more photodetectors 58, 68 which measure the output signals of the fiber optic cables 52, 62. Using this methodology, a unique pressure map of the individual's feet may be recorded and stored to later identify an individual. The sensing assembly also is utilized to measure the individual's weight.

i. Microbend Inducers.

As best shown in FIGS. 2-6, the present invention utilizes microbend inducers 40, 70 which act to induce microbends in the sensor arrays 50, 60 to be detected by the photodetectors 58, 68. The configuration and type of microbend inducers 40, 70 shown and described herein is merely exemplary and should not be construed as limiting on the scope of the present invention. Various methods and structures known in the art to induce detectable microbends in fiber optics may be utilized with the present invention.

In a preferred embodiment as shown in the figures, an upper microbend inducer 40 is positioned over the first sensor array 50 and a lower microbend inducer 70 is positioned under the second sensor array 60. The upper surface 42 of the upper microbend inducer 40 is generally secured against or integrally formed with the moisture barrier 30 or, in embodiments omitting a moisture barrier 30, the lower surface 24 of the upper mat 20. The lower surface 74 of the lower microbend inducer 70 is generally secured against or integrally formed with the upper surface 82 of the lower mat 80. In some embodiments, the lower surface 74 of the lower microbend inducer 70 may be secured against or integrally formed with a moisture barrier 30.

As best shown in FIG. 3, the upper microbend inducer 40 includes a plurality of first microbend inducement members 46 extending across its lower surface 44. The first microbend inducement members 46 may be comprised of raised splines extending across the lower surface 44 of the upper microbend inducer 40 as best shown in FIG. 6. The first microbend inducement members 46 each extend in parallel with each other in a direction perpendicular with respect to the fiber optic cables 52 of the first sensor array 50.

The lower microbend inducer 70 similarly includes a plurality of second microbend inducement members 76 extending across its upper surface 72. The second microbend inducement members 76 may similarly be comprised of raised splines extending across the upper surface 72 of the lower microbend inducer 70 as best shown in FIG. 3. The second microbend inducement members 76 each extend in parallel with each other in a direction perpendicular with respect to the fiber optic cables 62 of the second sensor array 60. Thus, the second microbend inducement members 76 also extend perpendicularly with respect to the first microbend inducement members 46.

The microbend inducement members 46, 76 will preferably be spaced with a value equal to the mechanical periodicity of each sensor array 50, 60. The mechanical periodicity of each sensor array 50, 60 is generally a characteristic of their components (i.e. the fiber optic cables 52, 62, light sources, 56, 66, and/or the photodetectors 58, 68).

For example, the first microbend inducement members 46 may be spaced with relation to the mechanical periodicity of the first sensor array 50 and the second microbend inducement members 76 spaced with relation to the mechanical periodicity of the second sensor array 60.

FIG. 7 illustrates a cross-section of an embodiment of the present invention in which an alternative method of generating the microbending in the sensor arrays 50, 60 is used. In this configuration the fiber optic cables 52, 62 are laid in a crosshatch pattern 48. The crosshatch will be in a pattern with the interweaving between the top and bottom fiber optic cables at a frequency of the mechanical periodicity that is characteristic of the sensor arrays 50, 60 (consisting of the fiber optic cable, LED and photodetector).

ii. Sensor Arrays.

The present invention utilizes a pair of perpendicularly-oriented sensor arrays 50, 60 for performing various functionalities such as measuring weight or identifying an individual. Each sensor array 50, 60 generally comprises a plurality of light conducting conduits such as fiber optic cables 52, 62. It should be appreciated that various light conducting media may be utilized within the sensor arrays 50, 60 of the present invention.

In a preferred embodiment as best shown in FIGS. 2-6, a first sensor array 50 comprises a first plurality of parallel fiber optic cables 52. The second sensor array 60 comprises a second plurality of parallel fiber optics 62 which are oriented perpendicularly with respect to the first plurality of parallel fiber optics 52 to form a mesh grid pattern to form an X-Y coordinate map as best shown in FIGS. 2 and 3. Each of the fiber optic cables 52, 62 will preferably operate in single transmission mode and make use of microbending to aid in measuring the effect of the weight on the fiber optic cables 52, 62 and translate to a measurable signal.

The individual sensor arrays 50, 60 and their orientation with respect to each other is best shown in FIGS. 3 and 4. As shown therein, the first sensor array 50 comprises a plurality of fiber optic cables 52 oriented in parallel with respect to each other. The second sensor array is similarly comprised of a plurality of fiber optic cables 62 oriented in parallel with respect to each other. In some embodiments, the sensor arrays 50, 60 may be operated with a Bragg grating to measure a weight-modified signal.

The numbering and spacing of the fiber optic cables 52, 62 within the first sensor array 50 and second sensor array 60 may vary in different embodiments. The fiber optic cables 52, 62 may be spaced with a value equal to the characteristic mechanical periodicity of each respective sensor array 50, 60, which is generally a characteristic of the components thereof, such as the fiber optic cables 52, 62 themselves, the light sources 56, 66, and/or the photodetectors 58, 68.

The orientation of the fiber optic cables 52 within the first sensor array 50 is preferably perpendicular with respect to the first microbend inducement members 46 so that a plurality of intersectional pressure points are formed as shown in FIGS. 4 and 5. Similarly, the orientation of the fiber optic cables 62 within the second sensor array 60 is preferably perpendicular with respect to the second microbend inducement members 76. These pressure points are utilized to create microbends within the sensor arrays 50, 60 which are detectable via usage of photodetectors 58, 68.

One or more light sources 56, 66 act as inputs to the fiber optic cables 52, 62 of the sensor arrays 50, 60. The light sources 56, 66 will preferably emit an input signal of a specific wavelength (infra-red, visible red, etc.) through the fiber optic cables 52, 62 of each sensor array 50, 60. Various types of light sources 56, 66 may be utilized, such as light emitting diodes (LED). Microbends induced in the fiber optic cables 52, 62 by the microbend inducers 40, 50 will be detectable by one or more photodetectors 58, 68 at the output of the fiber optic cables 52, 62.

In a preferred embodiment, one or more first light sources 56 act as an input to the first ends 53 of the fiber optic cables 52 of the first sensor array 50. Similarly, one or more second light sources 66 act as inputs to a first end 63 of the fiber optic cables 62 of the second sensor array 60. One such embodiment is shown in FIG. 3, wherein each fiber optic cable 52 of the first sensor array 50 includes a first light source 56 at its first end 53 and each fiber optic cable 62 of the second sensor array 60 includes a second light source 66 at its first end 63.

The present invention utilizes photodetectors 58, 68 to detect a change in the intensity of light signals being carried within the sensor arrays 50, 60. The intensity change is caused by the microbends in the fiber optic cables 52, 62 of the sensor arrays 50, 60. By detecting the change in intensity of signals within the sensor arrays 50, 60, the present invention may measure the change in wavelength of the signals through the fiber optic cables 52, 62 as a function of applied weight and pressure.

The photodetectors 58, 68 may be comprised of any light-detecting media with sensitivity to detect the signals emitted by the light sources 56, 66 as well as changes in intensity thereof, such as increases in attenuation caused by microbending. In preferred embodiments, the photodetectors 58, 68 may be comprised of phototransistors or photodiodes.

In a preferred embodiment, one or more first photodetectors 58 are positioned at the second ends 54 of the fiber optic cables 52 of the first sensor array 50. Similarly, one or more second photodetectors 68 are positioned at the second ends 64 of the fiber optic cables 62 of the second sensor array 60. One such embodiment is shown in FIG. 3, wherein each fiber optic cable 52 of the first sensor array 50 includes a first photodetector 58 at its second end 54 and each fiber optic cable 62 of the second sensor array 60 includes a second photodetector 68 at its second end 64.

As best shown in FIG. 5, the first photodetectors 58 of the first sensor array 50 are connected to a first multiplexer 59 and the second photodetectors 68 of the second sensor array 60 are connected to a second multiplexer 69. The multiplexers 59, 69 each combine the multiple signals received from the photodetectors 58, 68 into a single signal to be transmitted to the microcontroller unit 92. The first multiplexer 59 and the second multiplexer 69 are each adapted to generate a single output in the form of X-Y coordinates of each of the sensor arrays 50, 60 corresponding to the detected pressure points activated due to the person's weight.

E. Controllers

The present invention will utilize one or more controllers 90, 92 for operating the various functionalities of the present invention. In a preferred embodiment as shown in FIG. 5, a sensor array controller 90 may be utilized to controller operation of the sensor arrays 50, 60, including the light sources, 56, 66 and photodetectors 58, 68. The sensor array controller 90 may be comprised of circuitry, an integrated circuit, or other electrical components necessary to operate the sensor arrays 50, 60. In some embodiments, the functions of the sensor array controller 90 may be performed partially or wholly by the microcontroller unit 92 described below.

As best shown in FIG. 5, a microcontroller unit (MCU) 92 is included to provide the overall functionality of the present invention. The MCU 92 processes the data received from the sensor arrays 50, 60 and coordinates all processing activities of the various components of the present invention. As noted above, the MCU 92 may be integrated with and perform all

functions of the sensor array controller **90**, or may be comprised of a separate controlling system from the sensor array controller **90**.

The MCU **92** will generally contain firmware adapted to coordinate the operation of the present invention. Various types of microcontroller units **92** may be utilized with the present invention, and the present invention should not be construed as being limited to any particular microcontroller unit **92**. The functions of the microcontroller unit **92** within the present invention may in some embodiments be distributed among multiple processors or microcontroller units **92**.

As shown in FIG. **5**, the present invention may also utilize a wireless transceiver **94** to transmit data such as weight readings to a separate device such as a phone, tablet computer, laptop, or personal computer via wireless communications. The wireless transceiver **94** may also be utilized to update the firmware of the present invention. Various wireless communication types may be utilized, including WI-FI, BLUE-TOOTH, 3G, 4G, infrared, and the like. In some cases, the wireless transceiver **94** may transmit data to a cloud-based server to store and analyze the data at a later time.

The present invention may also include memory **95** for storing various data utilized for performing its various functions. Various types of memory **95** may be utilized, though in a preferred embodiment non-volatile memory **95** type. The memory **95** is primarily utilized to store a database of pressure map readings to aid in identifying users of the present invention. The memory **95** may also be utilized for various other functions, such as storing weight readings for weight management.

The present invention will also generally include at least one power supply **96** for providing power to its various components. Various types of power supplies **96** may be utilized, such as a rechargeable battery unit. In some embodiments, energy harvesting such as piezoelectrics may be utilized to convert mechanical energy generated from footsteps of the individuals getting on and off the present invention to electrochemical energy. In some embodiments, a power management module may also be included as part of the power supply **96**.

F. Operation of Preferred Embodiment

In use, the present invention will preferably be placed in a location at which it will be easy to form a routine of stepping onto the present invention on a periodic basis, such as just outside a shower or bath. The present invention is adapted to serve as a bathroom mat or rug on which an individual can stand while drying after a bath or shower. The present invention will preferably be hidden to the casual observer as well as operate as a weighing scale.

The present invention will preferably rest in a dormant sleep mode absent pressure by an individual. Thus, the present invention will preferably automatically power on when an individual steps on the mat **10** and power down after a short period of time without detection of pressure.

When an individual first steps on the present invention such as represented in FIGS. **4** and **5**, pressure points on the bottom of their feet will cause the microbend inducers **40**, **50** to induce microbends at specific locations of the fiber optic cables **52**, **62** of the sensor arrays **50**, **60**.

These microbends will cause changes in light intensity which, after detection by the photodetectors **58**, **68**, may be utilized by the microcontroller unit **92** to create a pressure map along the X-Y mesh of the sensor arrays **50**, **60** that are unique to the individual standing on the present invention. The pressure map will be comprised of a stored outer shape of

the pressure caused within the sensor arrays **50**, **60** by microbends induced by the individual's feet.

The pressure map generated by the individual will be used to determine the shape or morphology, size, and other unique features of the feet. This data may be stored in memory **94** to be accessed later in identifying the individual and tracking weight readings. When a new individual steps on the map that is not recognized in the existing database, a new entry will be entered and saved in memory **94** for retrieval later. When a returning individual is recognized, any new weight readings will be associated with their unique identifier to aid in tracking.

The sensor arrays **50**, **60** are also utilized to record the individual's weight, which may be shown on the display **23**. Timestamps may be recorded with each weight reading to aid in tracking of weight gain or weight loss. This data may be transferred to other devices, such as an application on a mobile phone or an associated website where the data may be accessed and reviewed periodically by the user. Through setting up a routine of periodically stepping on the present invention when entering or exiting the shower or bath, an individual may more efficiently manage his/her weight than previously available in the prior art.

Unless otherwise defined, all technical and scientific terms used herein have the same meaning as commonly understood by one of ordinary skill in the art to which this invention belongs. Although methods and materials similar to or equivalent to those described herein can be used in the practice or testing of the present invention, suitable methods and materials are described above. All publications, patent applications, patents, and other references mentioned herein are incorporated by reference in their entirety to the extent allowed by applicable law and regulations. The present invention may be embodied in other specific forms without departing from the spirit or essential attributes thereof, and it is therefore desired that the present embodiment be considered in all respects as illustrative and not restrictive. Any headings utilized within the description are for convenience only and have no legal or limiting effect.

The invention claimed is:

1. A weight management mat, comprising:

- an outer housing comprising an upper mat and a lower mat;
- a first sensor array positioned within said outer housing, said first sensor array comprising a first grid of fiber optic cables adapted to carry one or more light signals;
- a second sensor array positioned within said outer housing, said second sensor array comprising a second grid of fiber optic cables adapted to carry said one or more light signals;
- a first microbend inducer comprising a plurality of first splines oriented in parallel;
- a second microbend inducer comprising a plurality of second splines oriented in parallel;
- wherein said first splines are perpendicular with respect to said second splines, wherein said first microbend inducer and said second microbend inducer are adapted to induce microbends within said first sensor array and said second sensor array in response to application of weight to said outer housing; and
- at least one photodetector adapted to detect sensitivity changes of said one or more light signals caused by said microbends.

2. The weight management mat of claim 1, wherein said first sensor array is perpendicularly overlaid with second sensor array.

3. The weight management mat of claim 1, further comprising at least one light source for emitting said one or more light signals.

4. The weight management mat of claim 3, wherein said at least one light source is comprised of a light emitting diode.

5. The weight management mat of claim 1, wherein said at least one photodetector is comprised of a phototransistor.

6. The weight management mat of claim 1, further comprising a moisture barrier protecting said first sensor array and said second sensor array from moisture.

7. The weight management mat of claim 1, further comprising a microcontroller unit adapted to create unique pressure maps based on said sensitivity changes detected by said at least one photodetector.

8. The weight management mat of claim 7, further comprising memory for storing a database of said unique pressure maps.

9. The weight management mat of claim 8, further comprising a wireless transceiver for transmitting weight readings to another device.

10. A weight management mat, comprising:

an outer housing comprising an upper mat and a lower mat;

a first sensor array positioned within said outer housing, said first sensor array comprising a first plurality of fiber optic cables;

a first microbend inducer adapted to induce microbends within said first sensor array in response to application of weight to said outer housing, said first microbend inducer comprising a plurality of first splines oriented in parallel;

a second sensor array positioned within said outer housing, said second sensor array comprising a second plurality of fiber optic cables, wherein said second sensor array is positioned perpendicularly with respect to said first sensor array;

a second microbend inducer adapted to induce microbends within said second sensor array in response to said application of weight to said outer housing, said second microbend inducer comprising a plurality of second splines oriented in parallel, wherein said first splines are perpendicular with said second splines;

at least one light source for providing one or more light signals to said first sensor array and said second sensor array; and

at least one photodetector adapted to detect sensitivity changes of said one or more light signals caused by said microbends.

11. The weight management mat of claim 10, wherein said first sensor array is overlaid on second sensor array.

12. The weight management mat of claim 10, wherein said at least one light source is comprised of a light emitting diode.

13. The weight management mat of claim 12, wherein said at least one photodetector is comprised of a phototransistor.

14. The weight management mat of claim 10, further comprising a moisture barrier protecting said at least one sensor array from moisture.

15. The weight management mat of claim 10, further comprising a microcontroller unit adapted to create unique pressure maps based on said sensitivity changes detected by said at least one photodetector.

16. The weight management mat of claim 15, further comprising memory for storing a database of said unique pressure maps.

17. The weight management mat of claim 16, further comprising a wireless transceiver for transmitting weight readings to another device.

18. The weight management mat of claim 16, said microcontroller being further adapted to identify an individual based on said unique pressure maps.

19. A weight management mat, comprising:

an outer housing comprising an upper mat and a lower mat; a first sensor array positioned within said outer housing, said first sensor array comprising a first plurality of fiber optic cables oriented in parallel;

a first microbend inducer adapted to induce first microbends within said first sensor array in response to application of weight to said outer housing, said first microbend inducer comprising a plurality of first splines oriented in parallel;

a second sensor array positioned within said outer housing, said second sensor array comprising a second plurality of fiber optic cables oriented in parallel, wherein said second sensor array is positioned perpendicularly with respect to said first sensor array;

a second microbend inducer adapted to induce second microbends within said second sensor array in response to said application of weight to said outer housing, said second microbend inducer comprising a plurality of second splines oriented in parallel, wherein said first splines are perpendicular with said second splines;

a moisture barrier positioned between said first sensor array and said upper mat;

a first light emitting diode array for providing first light signals to said first sensor array;

a second light emitting diode array for providing second light signals to said second sensor array;

a first photodetector array adapted to detect sensitivity changes of said first light signals caused by said first microbends of said first sensor array;

a second photodetector array adapted to detect sensitivity changes of said second light signals caused by said second microbends of said second sensor array;

a microcontroller adapted to measure weight based on said sensitivity changes, wherein said microcontroller is further adapted to create unique pressure maps for a plurality of individuals, wherein said microcontroller is further adapted to identify each of said plurality of individuals based on said unique pressure maps;

a memory for storing said unique pressure maps;

a first multiplexer connecting said first photodetector array with said microcontroller; and

a second multiplexer connecting said second photodetector array with said microcontroller.

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